

My worries today

My worry is...

What if the parcel doesn't arrive on time?

I can worry about it as much as I want during my worry period at

7:30

am/pm

Now i am going to refocus on the present moment by doing:

Cook dinner and notice the lovely smell of the lemon and coriander

My worry is...

I can worry about it as much as I want during my worry period at

am/pm

Now i am going to refocus on the present moment by doing:

My worry is...

I can worry about it as much as I want during my worry period at

am/pm

Now i am going to refocus on the present moment by doing:

My worry is...

I can worry about it as much as I want during my worry period at

am/pm

Now i am going to refocus on the present moment by doing:

My worry is...

I can worry about it as much as I want during my worry period at

am/pm

Now i am going to refocus on the present moment by doing:

My worry is...

I can worry about it as much as I want during my worry period at

am/pm

Now i am going to refocus on the present moment by doing:

My worry is...

I can worry about it as much as I want during my worry period at

am/pm

Now i am going to refocus on the present moment by doing:

My worry is...

I can worry about it as much as I want during my worry period at

am/pm

Now i am going to refocus on the present moment by doing:

My worry is...

I can worry about it as much as I want during my worry period at

am/pm

Now i am going to refocus on the present moment by doing:

My worry is...

I can worry about it as much as I want during my worry period at

am/pm

Now i am going to refocus on the present moment by doing: